

# General Information

## From the Manager's Desk

### Changes in Staff

We welcomed Rhonda Dunphy to the Seniors Services team in November. Rhonda was hired on a one year contract as an Assistant Programmer at the Iroquois Ridge Older Adult Centre as part of the Elderly Persons Centre grant. You can read about Rhonda in the IROAC News section. Lynne Bekker is still working with Maggie Gibb at the Oakville Seniors Centre filling in for a maternity leave while Karen Waid is at home enjoying her new family additions. In July 2009, Ray Chisholm the Senior Manager of Recreation Services retired and I was asked to fill in for his position in the interim. This gave both Sharon Bee and Julie Pennal an opportunity to step into new roles (Sharon to the Manager of Seniors Services and Julie to the Recreation Coordinator position) which they both have done admirably!! February we will all (hopefully) be back in our original roles. Although I have enjoyed the challenge of this interim position my passion is working in the field of Seniors Services - I truly love what I do!!!

What's new in the Recreation and Culture Department?

In September 2010 the North Park Quad Pad arena is slated to open. This facility will include a 1,500 seat Olympic-sized ice surface and three NHL-sized ice pads and is located on Neyagawa Boulevard, north of Dundas. This is phase one of the development and in the future there will

be a community centre with a seniors room. Queen Elizabeth Park is still under demolition and is planned to re-open as a community centre in January 2012. Focus group meetings have been planned with the consultants the Town has hired to develop an operating plan for the Centre. A group of seniors are attending these meetings on your behalf to provide input into the seniors services needs.

### Seniors Services

It promises to be a busy Spring and Summer with lots of great new programs, special events i.e. Garage Sales, Fashion Shows, Seniors Picnic, guest speakers, etc. We have listened to your suggestions and we are going to be keeping the Centres open, on specific days, later in the evening. We are also offering programs after 4:30 pm on select days for those who still work or are not available during the day. We now have the additional staff in place to do so.

In May we are planning a Seniors Services wide Volunteer recognition evening. This is something brand new but we wanted to do something extra special this year for all of our wonderful volunteers.

On behalf of Sharon, Julie, Maggie, Lynne, Karen, Rhonda and myself all the best to you in 2010!!!

*Nancy Beddoe  
Manager, Seniors Service*

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## **Pricing Changes and HST**

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With the introduction of Harmonized Sales Tax (HST) on July 1, 2010 all Seniors Services memberships, programs, rentals and other service fees will be subject to 13 per cent HST. Programs taking place after July 1, will include the HST and memberships that come due July 1 will also have the HST included. Just a reminder that you cannot renew your membership early - renew it on the month that it expires. At the time of printing this newsletter HST transition rules have not been finalized by the provincial government. As soon as they are available the Town of Oakville will post these rules on the website [www.oakville.ca](http://www.oakville.ca) and in facilities.

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## **Membership Fees**

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### **2010 Seniors Services Membership Fees**

Cost (includes GST) January - June  
Age 50 - 79 - \$29.00 per year  
Age 80 - 89 - \$14.50 per year  
Age 90 + - No charge

### **2010 Seniors Services Membership Fees**

Cost (includes HST) July - Dec  
Age 50 - 79 \$31.21  
Age 80 - 89 - \$15.61  
Age 90+ No charge

**Seniors Services membership rates may change as the HST transition rules have not been finalized by the provincial government at the time of printing the newsletter.**

Seniors Services membership cards may be purchased at the Oakville Senior Citizens' Recreation Centre, the Sir John Colborne Recreation Centre for Seniors, at the front counter of the Recreation and Culture Department at

Town Hall and during specific times at the Older Adults Room in the Iroquois Ridge Community Centre. Membership is valid for one year from the month of purchase. For example, a membership purchased or renewed in April 2010 will be valid until April 2011.

**Note: you cannot renew your membership until the month that is shown on the bottom of your card.**

Don't wait until the last minute to ensure that you have a current membership number. You may not get into the class you want if your card has expired. Membership fees are non-refundable.

A current Seniors Services Membership Card is required to register in all Seniors Services (50+) programs, to attend drop-in activities, special interest clubs and day trips. Spot checks may be carried out during drop-in activities.

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## **A Little Assistance Goes a Long Way**

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Everyone should enjoy the benefits that participation brings. The Recreation and Culture Department would like to ensure that Oakville residents have the opportunity to access recreation and leisure services offered by the Town. To help make this possible, financial assistance is available. For information contact Sue Fanelli at 905-845-6601 ext. 3155 or [sfanelli@oakville.ca](mailto:sfanelli@oakville.ca) about the Recreation Connection Program.

## Benefits of Membership

Your Town-wide Oakville Seniors Services membership card entitles you to:

- Register in Senior Services (50+) classes and participate in seniors services drop-in activities at 4 locations – Oakville Seniors' Centre, Colborne Centre, River Oaks Recreation Centre Mature Adults Club and the Iroquois Ridge Community Centre, Older Adult Room
- Participate in day trips
- Attend special events – parties, dances, guest speakers, movies
- Vote at the Annual General Meeting
- Hold office on a governing board
- Keep updated with the latest information on items such as local initiatives, health care, hospital direction, community support, social services
- Meet lots of new friends
- A copy of our biannual Seniors Services Newsletter
- Have a direct link with local government through the Recreation & Culture Department and the Seniors' Advisory Committee
- Discover a new hobby / skill / talent
- Become involved in meaningful volunteer work
- Meet even more nice people!



## Refund Policies

Membership - there are no refunds for membership fees.

Programs -for program withdrawals/refunds call the Recreation and Culture Department at 905-338-4250 between 8:30 am - 4:30 p.m. Monday - Friday.

All requests for withdrawals/refunds are subject to a \$10.00 (plus applicable taxes) administrative charge per registrant, per transaction. You may withdraw from classes up until the day before the 3rd class. After that point, only withdrawals for medical reasons will be processed. A full refund is issued for all courses cancelled by the Recreation and Culture Department. Refunds due to medical reasons must be accompanied by a doctor's note. These refunds will be pro-rated and are not subject to an administration fee. Requests must be received Monday - Friday, 8:30 a.m. - 4:30 p.m. at 905-338-4250. If you are unsure of the suitability of a particular class, you are welcome to participate in or observe the class near the end of the session prior to registration (drop-in fee applies). Please see a staff person if you wish to do this.

Day Trips - Refunds will be issued only if your "place" is filled by another. Due to the overwhelming success of our day trips, there is often a waiting list. If you are unable to attend a day trip, please check with the Centre before selling your ticket to a friend.

Special Events - There are no refunds after the final ticket sale date (numbers are submitted to the caterers at that time) unless your ticket can be sold to someone on a waiting list.

**There is no immediate refund. You must allow time for cheque processing.**

## **Registration for the Recreation and Culture Seniors' Programs**

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Registration for "Seniors Services Registered Programs" is through the Town of Oakville's Recreation and Culture Department.

IRIS (Interactive Registration Information Systems) is the system you can use to sign up for your favourite programs through the internet or by phone. These two self-serve options, by telephone or by computer internet connection, allow you to sign up quickly for Seniors programs in the comfort of your own home. Beginning Tuesday, March 2, at 9:00 a.m. Seniors Services programs will be open for Spring/Summer registration. Simply call 905-815-2000 or connect to [www.oakville.ca](http://www.oakville.ca) and register for your classes. The easy-to-follow prompts will guide you through the session. Confirmation of your registration is immediate.

In order to register, you will need a FAMILY PIN and a PERSONAL ID number. Please keep in mind that if you are registering for a Senior's program, you will also need a current Seniors Services membership number. If you do not have an IRIS card with your PIN number call the Iris Help Line at 905-845-6601 ext. 4747. If you do not have computer internet accessibility, terminals are available at local Oakville Libraries and at the Kerr Street or Colborne Centres.

Registration in person at the Centres, by mail, or by fax is still available, but we encourage you to take advantage of the on-line and phone options. Dropping off a form early by no means guarantees confirmation in a program, in fact the dropped off forms are processed after the IRIS registration date. The family PIN and personal ID numbers are not needed if you wish to fill out a registration form and submit it in person, by mail or by fax.

Register on-line [www.oakville.ca](http://www.oakville.ca)  
Register by phone 905-815-2000

IRIS Help Line 905-845-6601 ext. 4747  
Registration Inquiries Phone 905-338-4250



### **IRIS Registration Cut Off Date**

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Iris Registration (by phone or computer) is available from Opening Day (Tuesday, March 2 at 9:00 am) until three days prior to the start date of your program. Make a note now to register on March 2 and don't leave it to the last minute as you may not get into your class. Once the class has started the only way you can register is by filling out a registration form and dropping it off at either Centre or at the Recreation & Culture front counter at Town Hall.

### **Bottled Water**

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As of April 1, 2010 the Town of Oakville has issued a ban on the sale of water bottles in Town facilities to be environmentally friendly. At the seniors centres we will no longer have bottled water for sale after that date. The Senior Centres and Community Centres have water fountains where you can fill up your reusable water bottles.

## Policy Review Board



The Policy Review Boards' mandate is to oversee issues common to the Oakville Seniors Centre, the Sir John Colborne Recreation

Centre for Seniors, the Iroquois Ridge Older Adults Centre and the River Oaks Mature Adults Club in partnership with the Seniors Services staff. The Letter of Agreement with the Town of Oakville is the guideline followed by the Board.

Members of the Policy Review Board have participated in the presentations and discussions with the architect and staff concerning the new Queen Elizabeth Park project. The committee is providing valuable feedback as to what the seniors room will look like and how the centre will accommodate our membership.

The Policy Review Board has also been tracking the Town's Recreation Fund and ensuring that the centre members are aware of this fee assistance program which assists those who cannot afford to participate in Centre programs.

Annual registration fees are the seniors direct contribution to the Town of Oakville's cost of providing services, representing 15% of the annual cost of providing such services. Drop-In fees for activities and fund-raising dollars are used for enhancing the Seniors Centres programs. As the year progresses we will continue to revise and update policies and procedures as the need arises.

Marg Trupp  
Policy Review Board Chairperson

## Annual General Meetings

Mark your calendar and plan to attend one, or all, of the Annual General Meetings listed below. You will learn about the accomplishments of the Boards over the past year, and vote for your representatives on the governing Boards.

### River Oaks Mature Adults Club

Wednesday, February 25 at 3:00 p.m.

### Sir John Colborne Recreation Centre for Seniors

Tuesday, March 9, 2010 at 1:00 p.m.

### Iroquois Ridge Older Adult Centre

Wednesday, March 10, 2010 at 11:15 a.m.

### Oakville Seniors' Recreation Centre

Friday, March 12, 2010 at 11:00 a.m.



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## **Oakville Seniors' Advisory Committee**

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The Oakville Seniors' Advisory Committee is a group comprised of ten citizen volunteers and two Town Council representatives.

The Committee:

- ~ Reviews issues of interest and concern to seniors including, but not limited to, health & wellness, transportation, recreation, land use planning, traffic, housing, transportation and safety.
- ~ Advocates for quality of life and dignity for seniors.
- ~ Provides information to the community to inform seniors.
- ~ Brings forward to Council and/or staff issues of importance to the community.
- ~ Receives presentations from interested groups and community agencies on topics relevant to the lives of seniors.

To ask questions or make known your concerns you may contact any Committee member or fill out one of the Seniors' Advisory Committee pamphlets found at your local Seniors' Centre or at Town Hall.

Ruth Sheridan  
Barbara Watt  
Beverly Cathro  
Sandeep Soni  
Verena Sherman  
Patrick Murphy  
Linda Wilson  
Terry Ponedel  
Al Hanson  
Ted Lambert  
Councillor Cathy Duddeck  
Councillor Ralph Robinson  
Nancy Beddoe (staff)  
Colleen Tino (staff)

For information about the Seniors' Advisory Committee, please contact:

Nancy Beddoe, Manager, Seniors Services  
(905) 845-66001 ext 3976  
nbeddoe@oakville.ca

To discuss a particular issue, please contact:

Councillor Cathy Duddeck (905) 845-8374  
cduddeck@oakville.ca

Councillor Ralph Robinson

(905) 827-7659  
rrobinson@oakville.ca

## **Out-of-Town Memberships and Registered Classes**

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Members of the seniors centres who live outside of Oakville do not pay an out-of-town fee for their memberships. Their membership dues are the same as those who live in Oakville. However, those members who live outside of Oakville do pay an extra \$10.00 (plus applicable taxes) for each registered class in which they enroll.



The Oakville Seniors' Centres and the programs they offer are supported by the tax base of Oakville. While membership is encouraged and promoted to citizens of neighbouring municipalities, Town Council's decision to charge an out-of-town fee for classes attended by non-residents is a reflection of their overall fiscal responsibility to the citizens of Oakville.

## Centre Closure



Please note the Oakville Seniors Centre and the Sir John Colborne Seniors Centre will be closed on Monday, February 15, for the Family Day Holiday.

## Nine Meter Smoking Restriction By-law No. 24-09

The Region of Halton By-law #24.09 will come into effect February 15, 2010 and restricts smoking within nine metres of the entrance or exit of buildings owned or leased by the Regional Municipality of Halton and the local municipalities including the Town of Oakville. This means that you are no longer able to smoke within 9 meters of the Seniors Centres or other Town facilities.

No smoking signs will be posted next to the entrances and exits, and ashtrays or similar receptacles will be located outside of the nine-metre radius.

If you would like more information the By-Law will be posted on the Health Department webpage [www.halton.ca](http://www.halton.ca)

## “Friendship Luncheon” ~ Wheels to Meals

The Friendship Luncheon is an opportunity for our more senior members who may not otherwise have an opportunity for a weekly outing, to come together in a warm, comforting and inviting atmosphere for a fun afternoon of socializing, fitness, games and of course food! The program is \$3.00 per week. Members are picked up from their homes and returned there by volunteer drivers. The program is run entirely by volunteers who definitely enjoy the program just as much as the participants.

If you or someone you think would enjoy the program live near the:

Oakville Seniors' Centre (Kerr St.) call Maggie Gibb, at 905-845-6601 ext. 3957

Colborne Centre (Lakeshore and 3rd Line) call Sharon Bee at 905-845-6601 ext. 3977

Iroquois Ridge Community Centre (Glenashton Drive) call Rhonda Dunphy at 905-845-6601 ext. 3498

If you would like to discuss volunteering for these programs please call the above contacts.

Any advertising placed in the Oakville Senior Services Newsletter does not indicate endorsement or recommendation by the Town of Oakville Seniors Services for any products or services included in any issue.

## Oakville Seniors Picnic

Mark Wednesday, June 2 on your calendar as the date for this year's Seniors' Picnic. The Picnic officially launches June as Seniors Month and will be held from 11:00 a.m. - 2:00 p.m. at Coronation Park.! At the time of printing this Newsletter all the details haven't been finalized. The theme is "Under the Big Top" so watch for more details on the Centre Bulletin Boards

The picnic, presented by Seniors Services will feature entertainment, with singers, dancers and instrumentalists.

Admission to the park is free and will proceed rain or shine! Pack a picnic lunch and plan to attend this year's picnic. Food concessions are available to purchase your lunch.

For further information, please contact either the Oakville Seniors' Center 905-815-5966 or the Colborne Centre 905-815-5960.



## Community Spirit Awards



Everyone has friends and colleagues who spend countless hours volunteering and supporting the many facets of our diverse community. This generous spirit of our community is evident all around us. What better way to acknowledge their contribution than to nominate them for an Oakville Community Spirit Award.

### Award Categories

- o Access Award – NEW!
- o Arts Award
- o Environmental Award
- o Group Volunteer Award
- o Heritage and History Award
- o Individual Volunteer Award
- o International Award
- o Senior Award
- o Youth Award

### Nomination Deadline

April 23, 2010

Join us as we recognize and celebrate the leadership and community of Oakville's community champions at the 9th annual Oakville Community Spirit Awards.

Date: Wednesday, June 16, 2010  
 Location: Oakville Conference and Banquet Centre  
 Tickets: \$30 per person which includes dinner and the awards ceremony

To receive a nomination brochure, to purchase tickets or for further information on the awards program, contact Louise Veres at 905-845-6601 ext. 3154 or [lveres@oakville.ca](mailto:lveres@oakville.ca) or visit the website at [www.oakville.ca/csa.htm](http://www.oakville.ca/csa.htm)

## Ontario Senior Games

OSGA Halton District #21 is waiving the \$8.00 Federation Fee for both the Winter Games and the Summer Games 2010. In addition MEDiChair is covering the \$2.00 cost of the first game in both the Summer and Winter Games 2010.

For more details about our games, check out our website [www.seniorgameshalton.org](http://www.seniorgameshalton.org) Winter Games include Badminton, Curling, Duplicate Bridge, Ice Hockey, Skating, Skiing, Table Tennis, Ten-Pin Bowling and Volleyball. Registration forms are available online.

The Committee is looking for new members. The next meeting will be on Thursday, February 11 at 9:30 a.m. at the Milton Senior Centre.

## Oakville Seniors Centre turns 35!

The Oakville Seniors Centre is celebrating its 35 Anniversary this year! If you were a member, are a member or soon to be a member, look for information posted in the Centre and check out the fall newsletter for a celebratory event to take place in fall 2010.

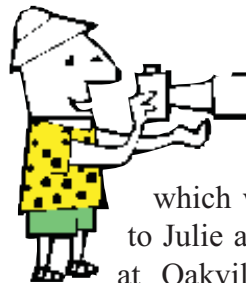
## Gift Certificates

Looking for the perfect gift for that hard to buy for person? Why not give them the gift of membership, or a fitness class or maybe an art or language class? Gift certificates are available at the front desk of the Colborne Centre and the Oakville Seniors' Centre. Gift certificates can be purchased in any denomination and can be applied to any course or membership in Oakville Seniors Services. Please ask for staff at the front desk of either Centre for further details.



## Newsletter Cover Photos

Do you like to take photos? Have a great one that you think would be a terrific cover for the Seniors Services Newsletter? Submissions for cover consideration are due twice a year just before we go to print. Consider submitting your favourite photo and enjoy sharing your creative side with our members. For the next issue the deadline is June 18, 2010. Please e-mail your photo or drop off a copy which will be scanned and returned, to Julie at Sir John Colborne or Lynne at Oakville Seniors Centre. Photos should reflect the seasons of the edition and be landscape format.



## Fire Drills

As you enter any of the rooms at either Centre, please be aware of the nearest fire exit, pull station and fire extinguisher. A diagram of the nearest location of these three items is posted just inside each room. If you should ever hear the fire alarm ring, leave the building immediately!



A new addition for the safety of all members are special lights installed in every room at the Centres. The lights flash when the fire alarm rings and will serve to alert those with hearing impairments

## Bus Tickets

Sir John Colborne Recreation Centre for Seniors and the Oakville Seniors Recreation Centre both sell Oakville Transit bus tickets for seniors and adults as well as monthly Seniors' passes (at Kerr Street only). When you purchase your bus tickets at the Centres you are supporting the Centres, as a percentage of sales is retained. Regular route maps are available at the Centres, as well as route maps for the Community Bus (no cost). Cost for seniors' tickets (age 65+) \$17.50 for 10 tickets. Single tickets are not available for sale (prices are subject to change).



## Tour of Lights

December 3, 2009 was the 40th anniversary of the first Tour of Lights Party. The volunteer committee, who work planning and providing this party each year, made a special effort to acknowledge 40 years of work by so many people over the years. The party's theme was "ruby" for 40 years.

Councillor Fred Oliver, who was on the original committee 40 years ago, was on hand to provide a bit of history of the event and to praise the hard-working committee members. His Worship Mayor Rob Burton thanked the many volunteers, especially the transit drivers, who add time onto their usual shift to provide transportation for the many party-goers.

As usual, there was food, drink, entertainment and laughter – a wonderful start to the Christmas season for many people. Special thanks to this year's hard-working planning committee: Doug and Shirley McConnell, Lorna Van De Mosselaer, Marg Trupp, Alice Agar, Shirley Taylor, Doug Florence, Ann Futher, Tanya Opacic and staff members Maggie Gibb, Joanne Phoenix, Nancy Beddoe and Sharon Bee.

2009 Tour of Lights Committee



## The R Zone



### *What is the Rzone?*

The Rzone is a zero tolerance operating procedure that applies to all Town of Oakville recreation and cultural centres, facilities, parks and programs. The Rzone procedure enforces zero tolerance of violence, vandalism and inappropriate behaviour for participants and the general public.

### *What does the Rzone mean?*

The "R" in the Rzone logo stands for **Respect** and **Responsibility**. Respect for Yourself; Respect for Others; and Responsibility for all your Actions. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: coaches, parents, players, performers, audiences and visitors.

### *Goal*

The goal of the Rzone operating procedure is to improve the safety and leisure environment in all Town of Oakville recreation and cultural centres, facilities, parks and programs. Community organizations, residents, visitors and Town staff will work together to promote respect and responsibility, improving the safety, appearance and environment of our community.

### *For More Information*

Visit [www.oakville.ca/rzone](http://www.oakville.ca/rzone) or call 1-866-67R-ZONE (messages only)

## Defibrillators

Both Senior Centres and the Community Recreation Centres are equipped with portable defibrillators. It was through a generous donation from the Altruist Society of Oakville in 2004 that the Senior Centres acquired their defibrillators (also known as Automated External Defibrillators). All the units are mounted on the wall. At the Seniors Centres they are located near the front reception areas and the Community Recreation Centre's units are located on the walls in the lobby areas. Staff and volunteers receive ongoing training to ensure that their skills are kept current. If you are a volunteer at the Centre and would like to take a course to learn how to use the machine please let staff know or refer to the Recreation & Culture Brochure for class information.



## **Older Adult Centres Association of Ontario**

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It has been my pleasure this past year to chair the Golden Horseshoe Region of the OACAO. It has been a busy year.

In May the Ancaster Senior Achievement Centre hosted a Building Bridges workshop. Not only did we get to hear what the centres were saying in the surveys that were completed two years ago, but we also got to play "let's pretend". We were asked to imagine what we would do at our Centres if we had all the money we could want. We were also asked the reverse – what would we give up and how would we raise money if we were to have drastically less money for our Centres. It was an interesting exercise – one that was fun and made us use our creative side. It also supplied valuable information for our Provincial organization!

In June we had our annual Golf Tournament at Oak Gables, in Ancaster. The weather was beautiful and so were some games! We all had a great time and a great lunch.

August was our bus trip to the Niagara area. We had a full bus and made three stops. The first to Winonna Senior Centre which is run completely by volunteers – no staff; the second was to the Coronation 50+ Centre, which is a traditional stand-alone senior centre where we had a tour and a great lunch. From there we went to the McBain Community Centre which houses a Y, and many other community agencies as well as a seniors room. The day was full, we learned lots and had a great time.

October was the annual OACAO Conference held at the Doubletree Hotel at the airport, Toronto - two days of interesting workshops,

and just plan fun! Members of the Operations Board and Finance & Purchasing Committees were able to attend.

November was the Annual General Meeting held in Acton at the Acton Senior Centre. We had a lovely lunch, a brief meeting and a great time socializing.

Stay tuned for breaking news from the Provincial organization. By being a member of the senior centre, you are automatically a member of the OACAO!

Sharon Bee  
Golden Horseshoe Region, Chairperson

## **Income Tax Clinics**

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**March 18 & 25, 6:00 – 9:00 p.m.**  
**Oakville Seniors Centre**

If you are a Senior Centre member and meet the criteria below, you may have your income tax prepared by a volunteer of the Institute of Chartered Accountants of Ontario.

The income criteria are as follows:

1. Clients without dependants must have a gross total household income below \$17,000.
2. Clients with dependants, including a spouse or equivalent, must have a gross household income below \$25,000.
3. Also, individuals with rental income and/or business income do not qualify for the Free ICA Tax Clinics Program, regardless of income.
4. You must attend in person.
5. Tax returns are not prepared for clients who have passed on.

The clinic will take place at the Oakville Seniors Centre. Sign up starts Tuesday, February 16, at 9:00 a.m. (at the Oakville Seniors Centre), or call to make your appointment at 905-815-5966.

## **Make Your Move Oakville**

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Happy New Year for a healthier and happier you! Stick to the basics of exercise, good nutrition and stress relief for healthy habits and continued well being.

Here are a few healthy living tips:

**Stress management:** Replace stressful behaviors and replace them with activities that relieve stress. Try yoga, Tai Chi, deep breathing or listening to music. A good laugh will go a long way!

**Exercise:** Experts on well being agree that exercise is an essential part of a balanced life. To age well you need to balance your exercise between endurance, strength, and structure. Endurance comes from aerobic exercise, but you also need to include strengthening exercises for your core for balance and to maintain good bone density.

**Nutrition:** Basic well being requires a diet that includes a variety of healthy foods, limits calories and saturated fats, and promotes a healthy weight.

**Support:** An essential component of well being and a balanced life is having supportive relationships. Stay motivated and social this year by making a regular fitness date with a buddy.

Get active this Family Day! On Monday, February 15, the Town of Oakville will recognize the Family Day holiday by offering a variety of programming and special events at Town-owned community centres, arenas, pools and libraries. Families can enjoy a day to play together and enjoy a variety of free fun programming and events.

There's something for all ages and abilities that will inspire everyone to live a more active lives,

from preschool kidfit to bootcamp, bellydancing, sledge hockey, swimming, skating and zumba dance, just to name a few. All residents are invited to bring along friends and family to celebrate Family Fun Day. Admission is free to all organized Family Day events.

For more information, events, times and locations, please visit [www.oakville.ca/makeyourmove.htm](http://www.oakville.ca/makeyourmove.htm).



## **Well Wishers**

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Cards of sympathy and get well cards for those members who are hospitalized are mailed from the Centres. If you know of any card that should be sent, please let the volunteer know at the front desk.

## **Suggestion Boxes**

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We are always receptive to comments and suggestions, even criticism (as long as it is constructive). Each Centre has a Suggestion Box for your use. Let us know what you think. You may submit suggestions anonymously, but if you wish to have a response or answer, you'll have to add your name and phone number.



## Taxis

Taxis are available on special event days, for a fee of \$2.00 each way (specified Tuesdays at Colborne Centre and Thursdays at Kerr Street Centre) for Centre members who are unable to use public transit or drive themselves. To book a taxi, contact Lynne at the Oakville Seniors' Centre by 2 p.m. the previous day. If the event takes place on Sunday, you will need to book a taxi the previous Friday. Pay for the taxi at the reception desk of the Centre. Do not pay the taxi driver. If you are unable to attend an event and you do not notify Lynne at the Centre 905-815-5966, you will be charged for your trip.



## Just a Reminder!



Only those with valid handicap stickers, etc. should be using the handicap parking spaces at the Centres. Make sure your sign is clearly visible from the outside of your vehicle. **And please, only one vehicle per parking place!**

## In Memoriam Bequests Donations



Donations to the Seniors' Centres have been received by, or on behalf of, members who have passed away. In Memoriam donation/bequests are gratefully accepted and municipal tax receipts will be issued for donations of \$20 or more.

## Scent

Many people have a strong reaction to perfumes and scents. Please be kind to your fellow members by being aware of this when getting ready for your activity at the Centre and perhaps foregoing that spritz of perfume before you leave home! It will be appreciated.



### We're asking for your help...

Did we cancel your class? In order to be fair to all our participants by allowing sufficient time to choose alternate classes, staff need to make decisions about **cancelling** classes approximately **one week prior to the start of each class.**

If you choose to register at the last minute, you run a double risk – the class could be full or it could have been cancelled due to low enrollment. Either way, you'll be disappointed and in the case of low enrollment, other people could be disappointed as well.

Please plan to register early for your classes – you won't miss out on a favourite class and we won't have to cancel classes that otherwise might have run.

### IRIS REGISTRATION

IRIS Registration for Seniors programs begins on  
Tuesday, March 2, 2010 at 9:00 a.m.

## Your 2009/10

### Sir John Colborne Recreation Centre for Seniors Operations Board

Barbara McCauley, Chair, Volunteer Services  
Anne Lewis, Vice-Chair, Member at Large  
Bill Miller, Treasurer  
Cathy Faller, Secretary  
Bill Kirkpatrick, Property  
John Pretty, Finance  
Lillian Roblin, Special Events  
Gail Berrigan, Member at Large  
Carmelita Spittal, Member at Large  
Ron Grieve, Member at Large  
Sharon Bee (staff)

### Oakville Senior Citizens' Recreation Centre Operations Board

Ralph Wallace, Chair, Property  
Darshan Arora, Vice-Chair, Finance  
Ray Holcomb, Treasurer  
Carole Camirand, Secretary  
Alice Agar, Volunteers  
Anna Pittens, Special Events  
Vivienne Pereira, Arts & Crafts  
Odette McLeod, Member at Large  
Ron Samuels, Member at Large  
Mary Murray, Member at Large  
Maggie Gibb (staff)

## Board Members\*

### Policy Review Board

Marg Trupp, Chair, Kerr Street Representative  
Carole Camirand, Vice-Chair Kerr Street  
Representative  
Carolyn Rumble, Kerr Street Representative  
Maureen Penny, Kerr Street Representative  
Edel Brasher, Colborne Representative  
Shirley Baylis, Colborne Representative  
Sarah Thompson, Colborne Representative  
Archie McCallum, Colborne Representative  
Catherine Wallace, Iroquois Ridge  
Representative  
Walter Symonenko, River Oaks Representative  
Julie Verma, Secretary  
Ted Lambert, Ex-Officio  
Nancy Beddoe (staff)

### Iroquois Ridge Older Adults Centre Advisory Committee

Ted Lambert, Chair, Treasurer  
Lore Faber, Vice Chair, Bazaar Representative  
Gerry Zielinski, Program Representative  
Catherine Wallace, Secretary & Policy Review  
Board Representative  
Evangeline Majewski, Kitchen Representative  
Selma Rasmussen, Member at Large  
Eileen Nolan, Wheels to Meals Representative  
Georgina Downie, Member at Large  
Nina Gilbert, Member at Large  
Nancy Beddoe (staff)  
Rhonda Dunphy (staff)

**Please feel free to contact any of your Board members.**

\*Until March 2010



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# In Memoriam

## July 2009

Henry McKenzie

## August 2009

Rae John Bolton

Margaret (Peggy) Bremner

Robert Harmer

Catherine Pogany

Muriel Post

Jean Reynolds

## September 2009

Emily Poole

## October 2009

Beatrice Donald

Joseph Fraser

## November 2009

Audrey Caven

Eleanor Drowley

Connie Ebbs

Joan Johnston

Doug Pearce

Graham Simm

## December 2009

Doug Crosbie

Ed Cross

Julia Harismowich

Marion Nicoll

## January 2010

Ivy de Haseth

Joan Havil

Jean Martz

Dorothy Mason

Graham Scott